

**IN THE CLAIMS**

Please amend the claims as follows:

1. (Currently Amended) A method, comprising:

determining whether a state capable of interpreting a selected data type has been maintained by a receiver;

sending [[a]] the selected data type without self-definition information to [[a]] the receiver if [[a]] the state capable of interpreting the selected data type has been maintained by the receiver; and

sending the selected data type with the self-definition information to the receiver if the state capable of interpreting the selected data type has not been maintained by the receiver.

2. (Original) The method of claim 1, further comprising:

training the receiver to enter the state capable of interpreting the selected data type.

3. (Canceled)

4. (Currently Amended) The method of claim ~~[[3]]~~1, wherein determining whether the state capable of interpreting the selected data type has been maintained by the receiver further comprises:

determining that the receiver has not received a communication from another transmitter after the receiver has been trained to enter the state capable of interpreting the selected data type by a training transmitter.

5. (Currently Amended) The method of claim ~~[[3]]~~1, wherein determining whether the state capable of interpreting the selected data type has been maintained by the receiver further comprises:

determining that no transmitter other than a training transmitter is capable of communicating with the receiver.

6. (Currently Amended) The method of claim [[3]]1, wherein determining whether the state capable of interpreting the selected data type has been maintained by the receiver further comprises:
- determining whether a transmission of information from a transmitter other than a training transmitter has been directed to the receiver.
7. (Currently Amended) The method of claim [[3]]1, wherein determining whether the state capable of interpreting the selected data type has been maintained by the receiver further comprises:
- determining that the receiver is operating in accordance with a protocol that prohibits communication with a transmitter other than a training transmitter until the training transmitter indicates that a communication session between the training transmitter and the receiver is terminated.
8. (Original) The method of claim 1, wherein the protocol is an Institute of Electrical and Electronics Engineers (IEEE) 802.11 protocol.
9. (Original) The method of claim 1, wherein the self-definition information is included in a packet header.
10. (Original) The method of claim 1, wherein the self-definition information indicates at least one of a multicarrier transmission technique, a modulation, a code rate, a code type, a power, and a beam-forming parameter.
11. (Currently Amended) An article comprising a machine-accessible medium having associated information, wherein the information, when accessed, results in a machine performing:
- determining whether a state capable of interpreting a selected data type has been maintained by a receiver;

sending [[a]] the selected data type without self-definition information to [[a]] the receiver if [[a]] the state capable of interpreting the selected data type has been maintained by the receiver; and

sending the selected data type with the self-definition information to the receiver if the state capable of interpreting the selected data type has not been maintained by the receiver.

12. (Canceled)

13. (Currently Amended) The article of claim [[12]]11, wherein determining whether the state capable of interpreting the selected data type has been maintained by the receiver further comprises:

determining, by an access point, that no information will be communicated to the receiver except by the access point.

14. (Currently Amended) The article of claim [[12]]11, wherein determining whether the state capable of interpreting the selected data type has been maintained by the receiver further comprises:

determining that control of a communications channel used by the receiver and a training transmitter has not been released by the training transmitter.

15. (Original) An apparatus, comprising:

a transmitter to selectively send a selected data type to a receiver with or without self-definition information; and

a determination module to determine whether a state capable of interpreting the selected data type has been maintained by the receiver after the receiver has been trained to enter the state by the transmitter.

16. (Original) The apparatus of claim 15, further comprising:

a memory to store the self-definition information.

17. (Original) The apparatus of claim 15, wherein the self-definition information indicates at least one of a multicarrier transmission technique, a modulation, a code rate, a code type, a power, and a beam-forming parameter.
18. (Original) The apparatus of claim 15, wherein the selected data type is sent to the receiver by the transmitter as a series of frames.
19. (Original) A system, comprising:  
a transmitter to selectively send a selected data type with or without self-definition information;  
a receiver to receive the selected data type; and  
a determination module to determine whether a state capable of interpreting a selected data type to be sent by the transmitter has been maintained by the receiver after the receiver has been trained to enter the state by the transmitter.
20. (Original) The system of claim 19, further comprising:  
an omnidirectional antenna capable of being coupled to the receiver.
21. (Original) The system of claim 19, further comprising:  
a memory included in the receiver to store an indication of the state.
22. (Original) The system of claim 19, wherein the selected data type is sent to the receiver by the transmitter as a series of adaptively modulated packets.